



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND
102 MCNAIR DRIVE
FORT MONROE, VIRGINIA 23651-1047

REPLY TO
ATTENTION OF

ATBO-M

18 MAR 2009

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: TRADOC Policy Letter 4, Strengthening Resilience and Preventing Suicide

1. This policy letter prescribes measures for TRADOC commanders and leaders to assess and mitigate conditions that contribute to suicide, as well as to identify and help those who are at risk.

2. All commanders should use their authority and influence to accomplish the following:

a. Create positive climates. This is one of the eight core competencies of leadership. You must know who your people are, and demonstrate care for them.

b. Leverage helping agencies. Many resources are available to help you monitor, maintain, and improve the resilience of your Soldiers and their Families.

c. Reduce stigma. Nearly one half of all individuals needing help with behavioral health issues do not seek treatment because they are ashamed. Identify and refer Soldiers with difficulties as soon as you become aware of them. As leaders, look for opportunities to show you mean "no stigma" - actions will be powerful. Soldiers' spouses must believe this too!

d. Train subordinates in resilience principles. The Army's current products on Ask-Care-Escort or "ACE" suicide intervention include training in resilience, the ability to face adversity and become a better person from it.

e. Energize the developmental counseling process. Each commander will publish a policy on his or her own expectations for developmental counseling, in order to capture the opportunity for supervisors to discover and assist with their Soldiers' and Family members' problems.

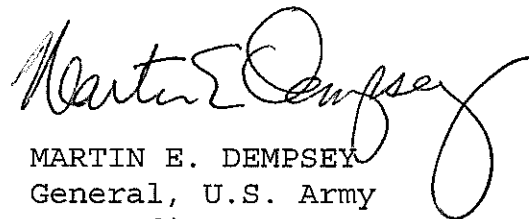
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f. Employ strategic communications that highlight success stories in local media, for example, wounded Warriors in schools as instructors; linkage to Year of the NCO; and Families overcoming adversity.

g. Maintaining suicide awareness and recognition must be a daily leader habit. Conduct suicide prevention training for Soldiers at least semiannually and as part of new leaders' orientation. Use resources outlined in the information paper cited below.

3. The tenets of strengthening resilience and preventing suicide are more fully developed in an information paper available on the Surgeon's Web site, www.tradoc.army.mil/surgeon/index.htm, under "Restricted Useful Information."



MARTIN E. DEMPSEY
General, U.S. Army
Commanding

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